

# Travel fit with exercise bands

Continue to exercise  
while TDY or on  
leave!



# Resistance Bands

- A resistance band is a great travel workout aid because it's an effective resistance-training tool and yet it folds up into the tiniest of spaces. There are different brands and styles, but basically a resistance band looks like a giant rubber band (some have handles), and you stretch it to work your muscles. They are great for b...ap and extremely portable.



# Cardio

- If you do 20 repetitions of each exercise, without stopping in between, you can get a good cardio benefit to the workout as well. Otherwise, do 3 sets of 10-12 repetitions and do a regular cardio workout in addition.
- Cardio could be a walk around the city or climbing stairs in the hotel stairwell
- Some hotels have fitness centers



# Make sure you...

- Warm up with 5-10 minutes of cardio and stretching
- Cool down with a long stretch
- Drink plenty of water
- Do this workout in addition to regular cardio exercise for best results



# Some exercises to try...

- For the exercises indicated below, you need a resistance band or tube with handles, one that's long enough for you to stretch from the floor to over your head. They come in different levels of resistance - try a pliable tube to start off with.



# Upper Body

- Bicep Curl
- Tricep Press
- Front Raise
- Lateral Raise
- Chest Press
- Lat Pull Down



# Lower Body

- Adductor Lift
- Abductor Lift
- Squats
- Hamstring Kickback



# Resources

- <http://www.acefitness.org/getfit/RubrBndWkout.pdf>
- <http://www.exercisebands.com/exercises.html>
- <http://www.bodytrends.com/products/resistance/btbandcompchart.htm>
- [http://www.geha.com/Health\\_eReport/200507/mind\\_body/travel\\_fitness.html](http://www.geha.com/Health_eReport/200507/mind_body/travel_fitness.html)



# Stay tuned next week...

- Lifestyle changes and how to know that you are ready to make them.

